

CROWN POINT NEWS

Happenings Of A Day In Lake County's Lively Capital.

The annual election of the officers of the Crown Point chamber of Commerce will be held Monday evening at 8 o'clock in the assembly room of the American Legion Boys hall.

New marriage licenses are: Edward R. Atkins, Indiana Harbor, Gertrude C. Bennett, Whiting; William S. Bromarszyk, Stella Marinkiewicz, Gary; Frank Wajda, Josephine Rokog, East Chicago; Lou J. Baxter, Mary Kaiser, Gary; Otto Koehler, Margaret Kasper, Hammond; Frank Bahleda, Mary Smulnak, Indiana Harbor; Ike Smith, Sarah Aldridge, Gary; Herbert E. Wright, Gary; Mable Kerbis, Detroit, Mich.; Carl G. Terry, Lafayette, Ind.; Elizabeth E. Lake, Gary; Clark E. Bronnell, Zelma P. Anderson, Lowell; Ruth Robinson, Gary; Andrew Whitefield, Pittsburgh; Andrew Jarmakowicz, Wladyslaw Paterek, Hammond; Albert Kolberg, West Hammond; Nedwig Owocarsak, Hammond; Pete Gerski, Anna Sabrowski, Gary; Joe Santino, Laura Polch, Gary; William F. De Mays, Chicago, Mildred E. Nelson, Gary.

The many friends of Mrs. Mat Brown will be pained to hear that her condition is not very favorable and she will be taken to a Chicago hospital for treatment when her condition permits.

Miss Matilda Henning has been unable to attend to her duties at the Lake County Title and Guaranty company's office for several days on account of illness.

Miss Edith Maxwell of Buffalo, N. Y., is expected here shortly to spend the winter in Crown Point, staying at the home of Miss Josephine Ninkov.

The installation of the officers recently elected in the Eastern Star took place at the Masonic Temple last night and the affair was largely attended.

County Superintendent and Mrs. Billshaw entertained the county commissioners, County attorney, county highway superintendent and the county of-

socials at dinner at the County Farm on Thursday.

During vacation week needed repairs have been made in the circuit court room, the witness chair and court stenographers quarters have been raised, this improvement was badly needed and will greatly aid in the trying of cases as the witness chair was so low that anyone occupying it could hardly be seen or heard. Slight alterations have also been made in the sheriff's office during the week.

Mr. and Mrs. Dan Hess and son of New Castle, Ind., are expected here to visit friends today. Mr. and Mrs. August Heide and Mr. and Mrs. Harry Baker will entertain in their honor. They will be the house guests of Mr. and Mrs. Arthur Bore.

FLORIDA TRAGEDY MYSTERY

(INTERNATIONAL NEWS SERVICE) JACKSONVILLE, Fla., Dec. 28.—W. T. Meadows, of Tulsa, Okla., is dead and a woman whom the police believe to be his wife, is in a critical condition today as the result of a mysterious shooting late last night in a local hotel. The couple registered yesterday afternoon.

According to the police a name plate on a key ring found in the room read:

"J. A. Sandefur, 618 South Robinson Street, Oklahoma City, Okla."

A bank book of the Oklahoma National bank of Skitook, and one issued by the Arkansas Valley State Bank of Broken Valley, issued to Mrs. E. W.

Meadows, were found in the belongings of the woman. Christmas cards were found addressed to Mr. and Mrs. Meadows. The police believe their theory of murder and attempted suicide is established.

FATHER OBJECTS TO FLIRTATION

INDIANAPOLIS, Ind., Dec. 28.—An attempt to flirt with the daughter of a deputy sheriff here preceded a gun battle with the girl's father in which Cecil Hamm, 38, received a wound which may cause his death. Robert MacBroom, 48, the girl's father, today is suffering a severe flesh wound as the result of the encounter.

Hamm corroborated the story that he had attempted to accost Miss MacBroom several times. Becoming alarmed, the girl telephoned her father from a store. Hamm's arrest followed the parent's arrival. Hamm drew a revolver and fired at short range. He was felled by a return shot. Both participants of the battle are in a hospital.

FIVE CHICAGOANS ASPHYXICATED

(INTERNATIONAL NEWS SERVICE) CHICAGO, Dec. 28.—Five persons, asphyxiated by escaping gas, were found dead in two Chicago homes today. Mrs. Giovanni Belmonte, 46, and a daughter, 20, and Jessie Christian, who was visiting the Belmontes, were found dead at their south side home. An unidentified man and woman were found dead in a dwelling in South Calumet avenue.

ALLIES MAY OCCUPY RUHR DISTRICT

COPENHAGEN, Dec. 28.—It is reported in Berlin that the allies have decided to occupy the Ruhr district and also Bavaria unless Germany comes.

Bring your children and friends to the Christmas festival at Unity Hall Saturday, January 1st, 1921. Little presents for all the children. 12-28-2

plies with the disarmament terms agreed upon at Spa, according to a dispatch to the Politiken today.

McCRAY IS FOR MCCLURE

INDIANAPOLIS, Ind., Dec. 28.—I am for John S. McClure for speaker of the house during the coming session of the legislature, Governor-Elect McCray today told a representative of the International News Service. "This is the first time direct word has been forthcoming that the governor-elect is directly behind the Anderson man for speaker, although intimation fre-

quently has been made that McClure was McCray's candidate.

STEAMER IN DISTRESS

NORFOLK, Va., Dec. 28.—Rescue vessels were en route from this port today to the shipping board steamer Dauperata, reported without fuel oil and short of drinking water, 600 miles east of Cape Henry.

Prizes galore to be given away at 25th Annual Masquerade Ball at Unity Hall, Hammond, Friday eve, Dec. 31st. Ladies 20c, gents 35c. Music by Dickinson. 12-28-4

KIDDIE KAPERS

By Bill Bailey



The old year's almost over.
It doesn't make us sigh,
To have much better times next year
You bet we're going to try.

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TO OUR FRIENDS

WE WISH to thank our friends for their patronage the past year and we wish all a Prosperous and Happy New Year.

Hammond Trust and Savings Bank

W. G. PAXTON, President.

FRED R. MOTT, Vice-President

FRANK HAMMOND, Secretary-Treasurer

H. J. GESCHIEDLER, Asst. Secretary-Treasurer.

IN THE HAMMOND BUILDING



Some New Year's Resolutions About Health

Why not start the new year by resolving to live as long as possible, and to keep as well as possible? There is no resolution you could make that would bring you greater peace and that would enable you to be more helpful to your family and friends. It is not selfish to make such a promise to yourself. On the contrary, it is the first step towards altruism, because only the citizen who keeps himself in excellent health can really serve the community in which he lives. Here, then, are a few suggestions for keeping well. They begin at the top of your head and go down to the soles of your feet.

Eyes: Do not strain them. If you have been putting off the visit to the oculist, and know that you need new glasses, or if you have never worn them and believe you should, telephone the oculist at once for an appointment. Eye-strain may mean headaches, nausea, indigestion, irritability and other nervous disorders, to say nothing of endangering the sight. When sewing or reading raise the eyes frequently from the work. See that the lamps in your house are properly shaded, and that the light falls properly on your book as you read.

Ears: The best thing to do with your ears is to leave them alone except for washing them carefully each day. If they give you trouble go to a physician, preferably a specialist. Poking in the ears is the most dangerous pastime in the world.

Teeth: Brush after each meal, if possible, or certainly in the morning and evening. Brush up and down, not sideways. Consult your dentist about toothpastes and mouthwashes. Buy a new brush frequently and sterilize your brush every other day (by hanging in the sunshine or dipping in a mild disinfectant or boiling water). Make the regular visit to the dentist; preventive. Stop the small cavity before it grows and above all, keep the tartar off the teeth. Eat a reasonable number of fibrous foods require hard chewing.

Vital Organs: Have a regular medical examination once or twice a year. Don't wait for the machinery to get out of order—have it inspected regularly to prevent disorders. If all of your organs function properly, don't abuse them. Treat your lungs to frequent air baths; don't give your heart the extra stimulation of too much coffee; give the stomach what it needs, not more, and give it plenty of bran and whole wheat and fibrous vegetables to keep it swept clean, plenty of vitamins to keep your general tone as high as possible, plenty of mineral salts in the blood—in short, eat well balanced meals. Avoid too many sweets, whether you are fat or thin, as they tend to over-acidify, avoid too rich food, too much seasoning, too many fried dishes, too much meat, food or drink that is too hot or too cold. Cultivate the habit of correct posture and an adequate amount of exercise, taken in whatever form is most pleasant.

Feet: Treat them well—coddle them. Give them frequent warm socks and above all give them roomy shoes of soft leather. There is but one sure cure, and that is soft, roomy shoes with broad toes. Watch your ankles and those of your children. If one heel runs over more than another, or if both run over quickly, study your ankles carefully. Place a mirror on the floor and walk away from it, watching to see if either ankle is bending in. This is the first symptom of flat foot. It is the danger signal and means get more sensible shoes. And sensible shoes do not necessarily mean heavy, stiff huge ones. Thin feet, for instance, should not be heavily shod, and the large woman with small feet needs the softest of leather. Save the money you pay the chiropodist, and go to a foot specialist, or invest it in a pair of made-to-measure shoes. Remember that there is, generally speaking, one remedy for most foot troubles, especially those that lead to fallen arches and flat foot. It is to toe in and rise slowly on the toes in that position. This will cure nine out of ten foot weaknesses, if practiced regularly.